Reebok

R9.5e User's Manual

POLAR heart rate technology

Dear Customer,

We are pleased, that you have chosen a Reebok Fitness Equipment. This quality product has been designed for light commercial use and has been tested and certified according to the European Norm EN 957-1/5. Please carefully read the instructions prior to assembly and first use and be sure to keep the instructions for reference and maintenance.

We wish you lots of success and fun while training,

Your Reebok – Team

Warranty

Limited Warranty – UK Only

RFE International Ltd. (RFE), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of (2) two years for parts and labour. This warranty extends only to the original purchaser. RFE's obligation under this warranty is limited to replacing or repairing, at RFE's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by RFE. This warranty does not extend to any product or damage to the product caused by or attributed to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a RFE authorized service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by RFE.

RFE is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

This warranty gives you specific legal rights.

Customer Service

To best possible support you in the case of problems with your product, we would ask you to please quote the product Model Name and Serial Number.

These can be found on the sticker underside your product.

Modelname:

Serialnumber:

Waste Disposal

Reebok products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

Contact

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Advice

The owner's manual is only for the customer reference. **Reebok** can not be held responsible for mistakes occurring due to translation or change in technical specification of the product.

Precautions

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

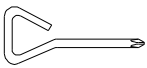
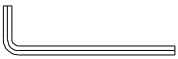
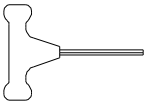
- **Product-Scope: This product is made for home use only and tested up to a maximum body weight of 150 kilograms.**
- **Product-Performance: This hometrainer is tested to the European Standard EN 957-1/5 HA.**
- **Product-Performance: This ergometer is speed independent, i.e. the performance is independent from pedal frequency.**
- **Product-Feature: The resistance can be changed by the computer.**

- Use-Scope: The exerciser may not be used by persons with a weight of over 150 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Reebok parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 220V – 230V / 50Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly.

- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Reebok spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

Check List

27	44	46	100	101	136

A	B	C	D
			

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			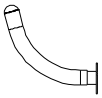	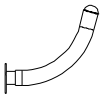

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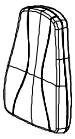		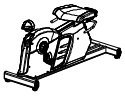		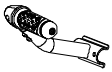

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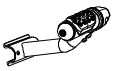
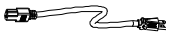
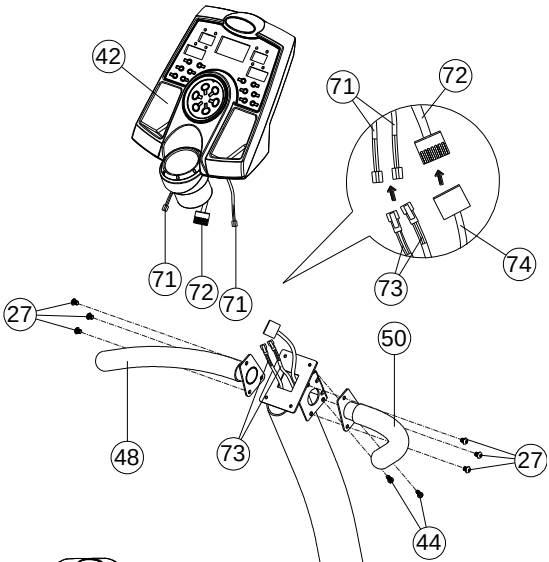
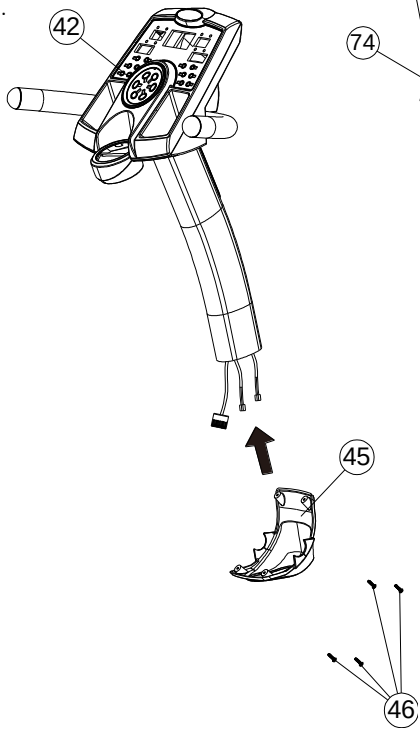
				

No.	Description	Qty.
42	Computer	1
43	Console Upright Tube	1
45	Computer Protect Cover	1
48	Handlebar -Left	1
50	Handlebar -Right	1
52	Back pad	1
62	Front Upright Cover	1
81	Main Frame	1
84	Bottle Holder	1
85	Water Bottle	1
97	Seat Post Cover	1
96	Power cord	1
98	Back Pad Support Tube	1
108	Hand Pulse Connect Bracket-Left	1
109	Hand Pulse Connect Bracket-Right	1
27	M8 x 10mm Bolt	6
44	M6 x 15mm Screw	2
46	4 x 19mm Bolt	4
100	M8 x 45mm Bolt	8
101	4 x 9mm Screw	4
136	M8 x 25mm Bolt	2
A	5mm Allen Wrench	1
B	5mm Wrench	1
C	8mm Wrench	1
D	5mm Wrench	1

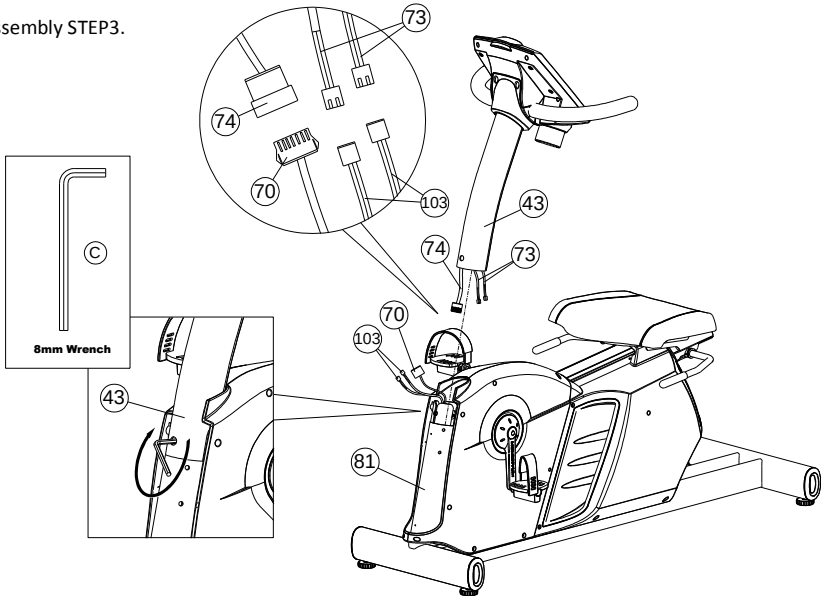
Assembly STEP1.



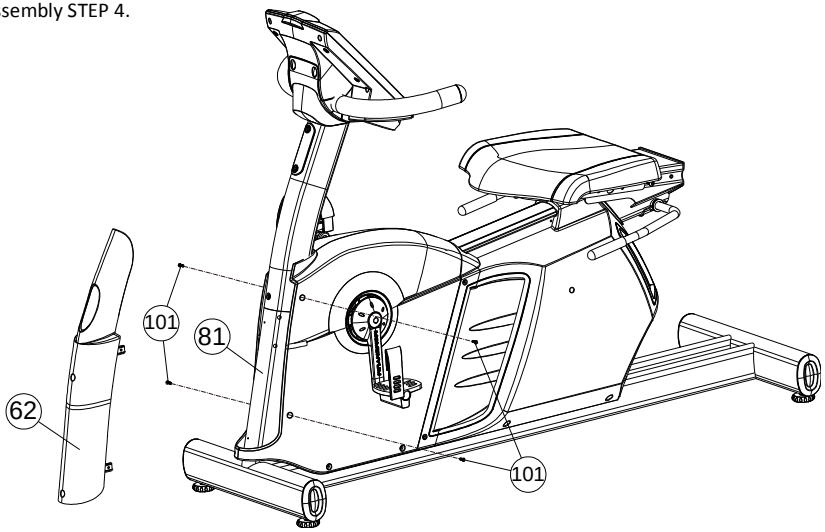
Assembly STEP2.



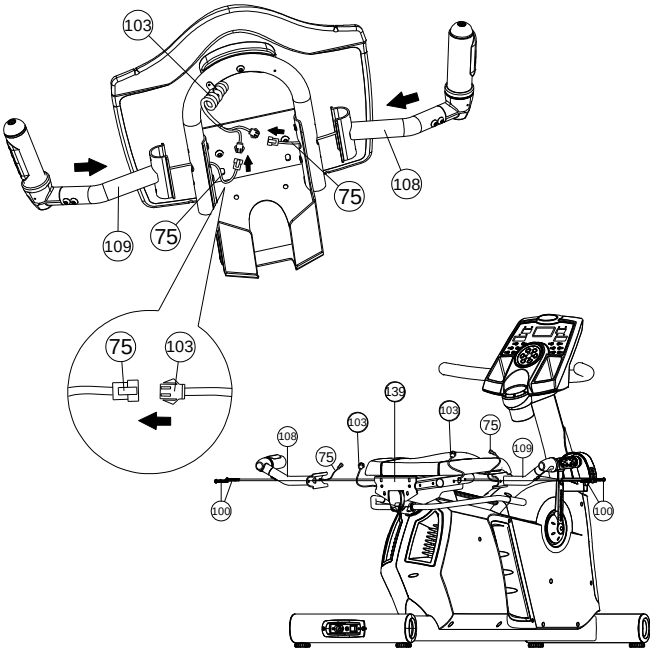
Assembly STEP3.



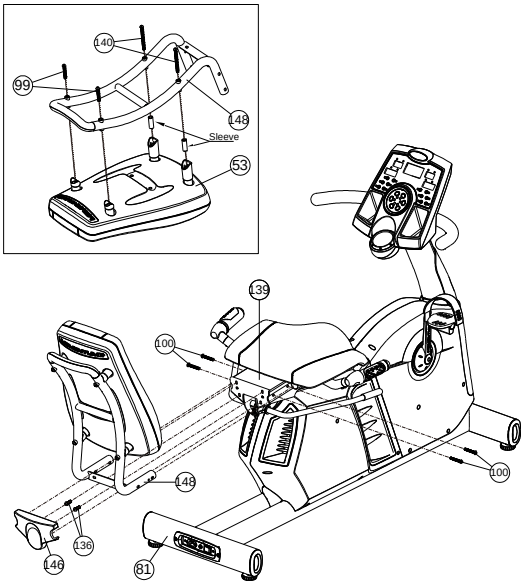
Assembly STEP 4.



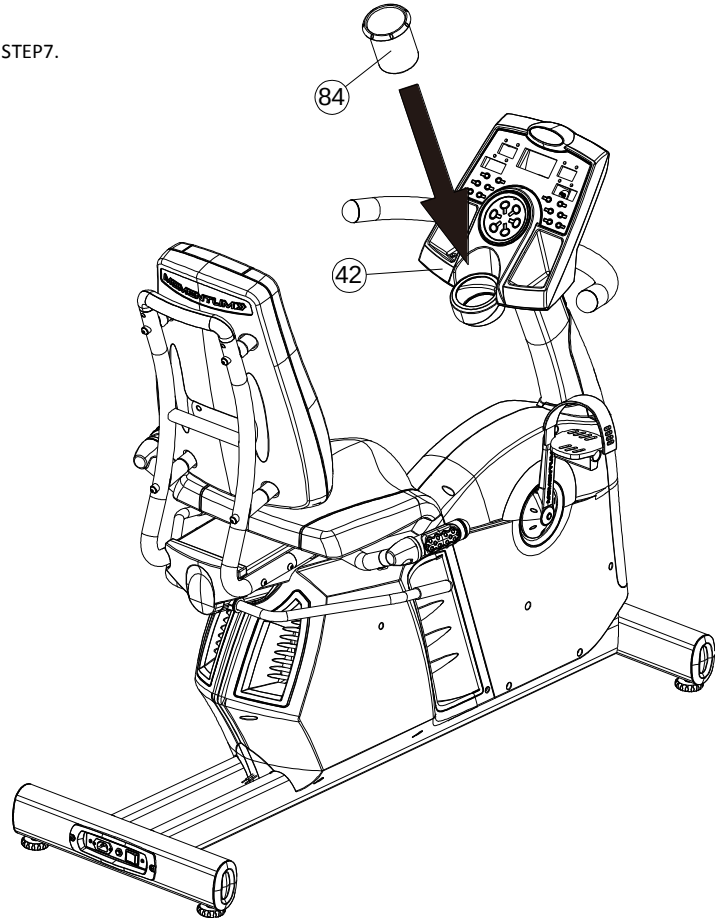
Assembly STEP 5.



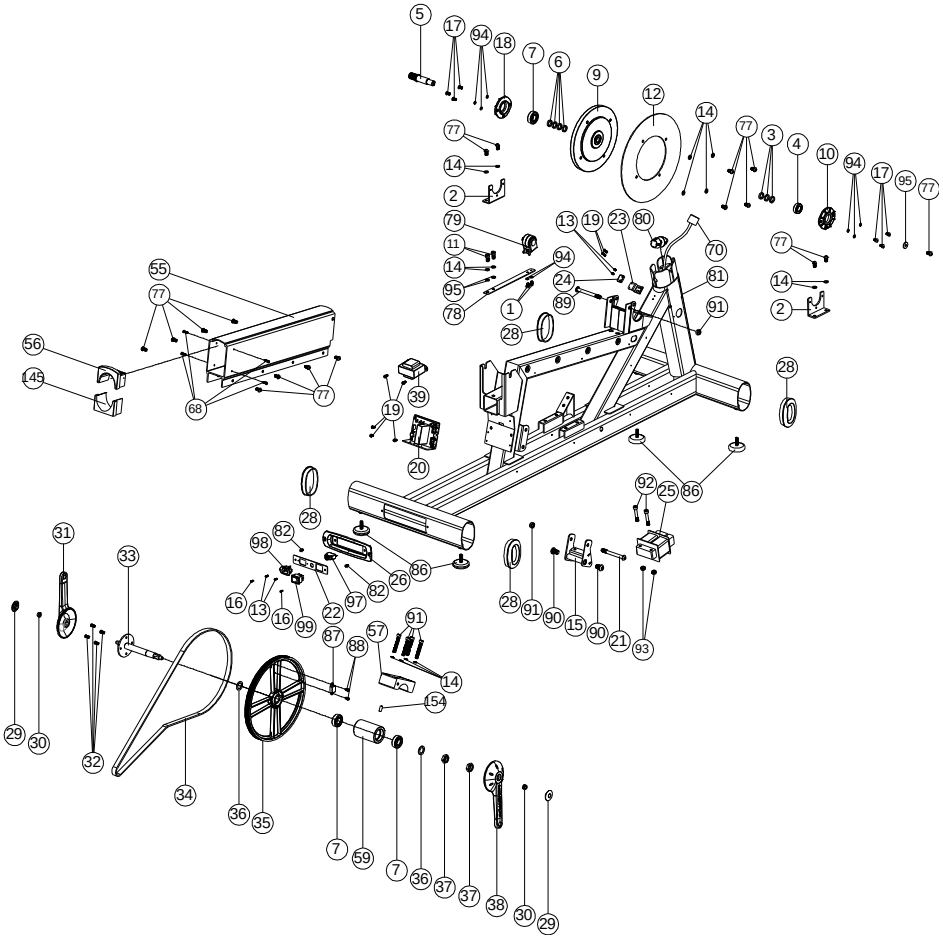
Assembly STEP6.



Assembly STEP7.



Exploded view



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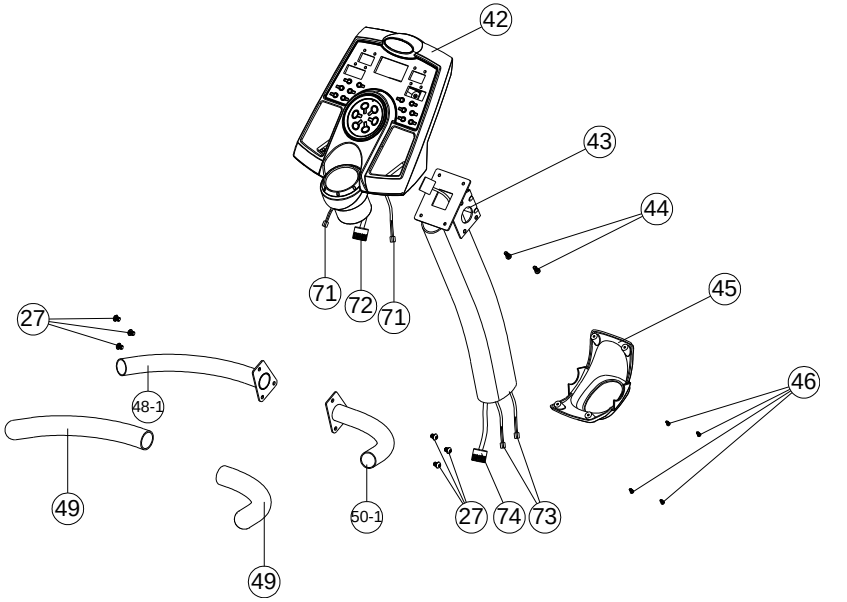

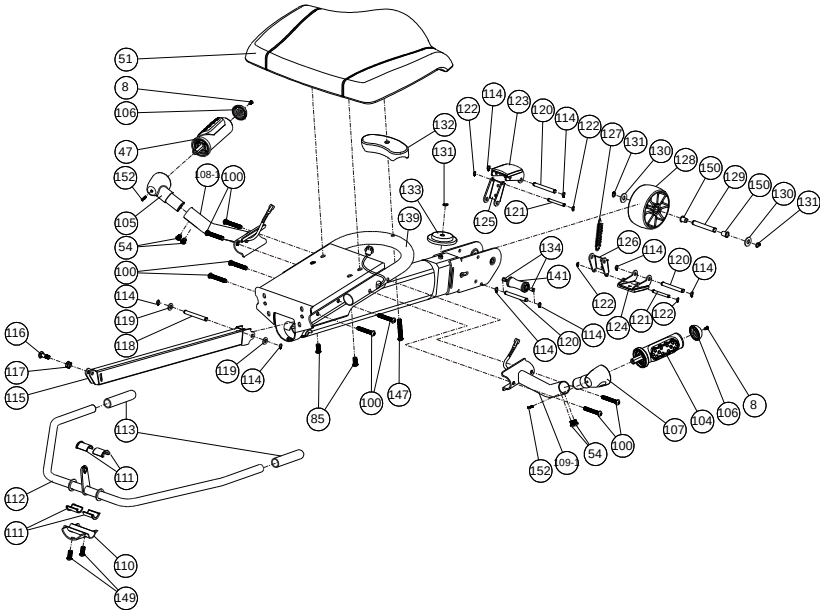

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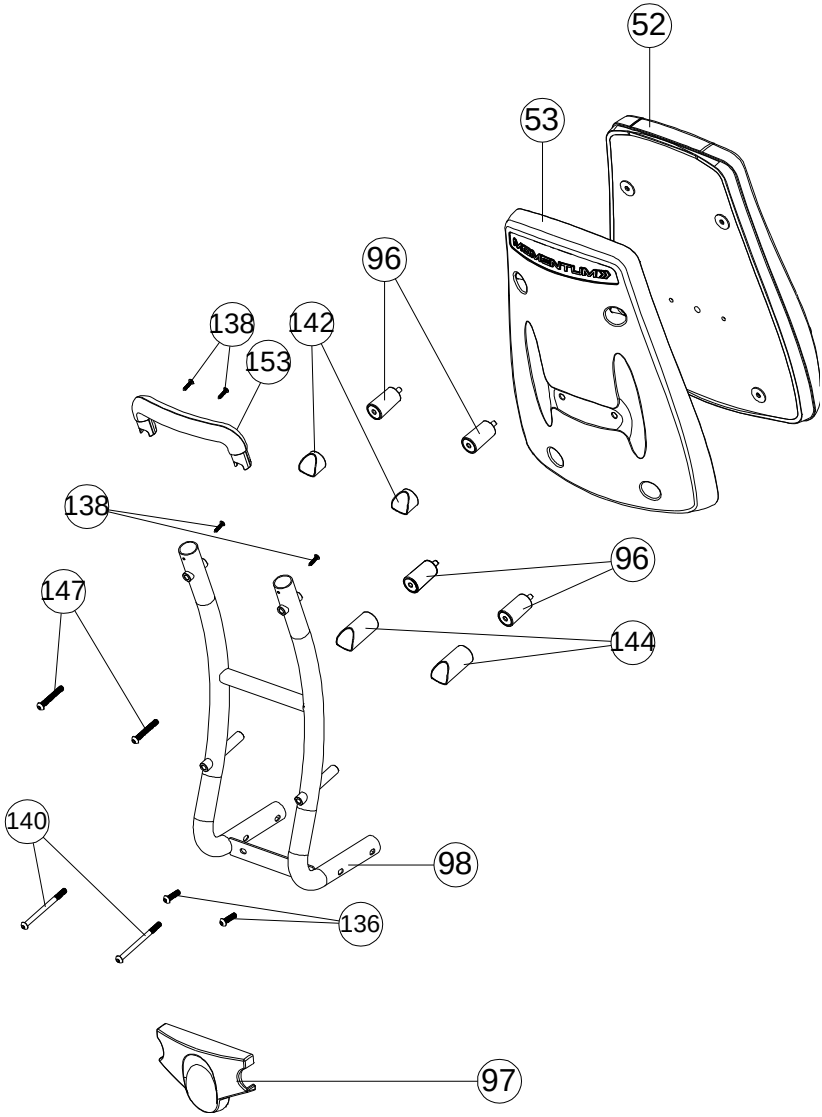

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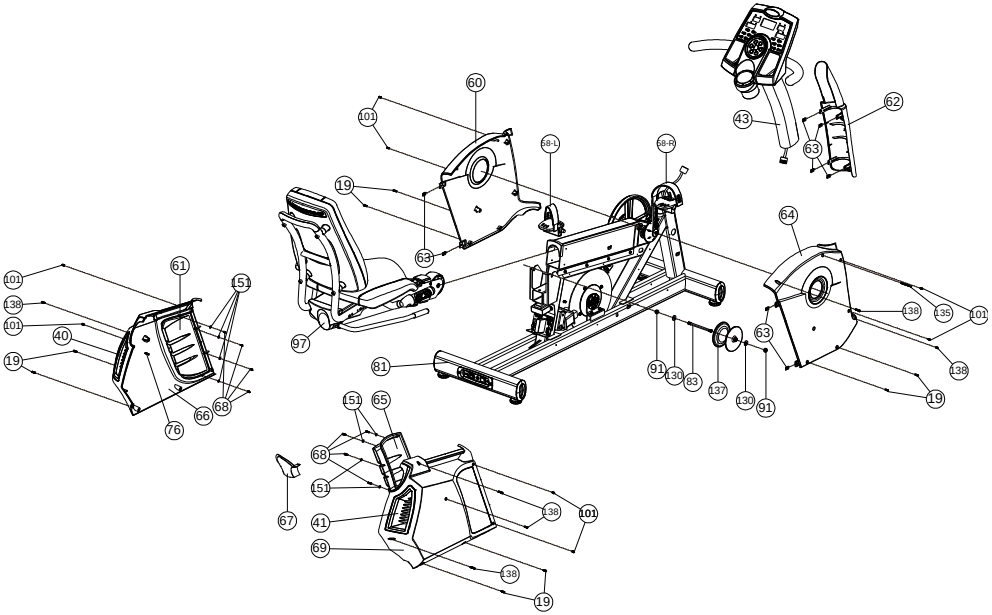

Parts Description		
Part No.	**Part name**	**Quantity**
R9.5E-001	M6 x 10mm Bolt	2
R9.5E-002	Flywheel Shock Absorber	2
R9.5E-003	17 x 22 x T1.5 Plastic Washer	3
R9.5E-004	6003 Bearing	1
R9.5E-005	Flywheel Pulley	1
R9.5E-006	20 x 32 x T1 Plastic Washer	4
R9.5E-007	6004 Bearing	3
R9.5E-008	M5 x 12 Bolt	2
R9.5E-009	Flywheel	1
R9.5E-010	Bearing braket for 6003	1
R9.5E-011	CAP M8 x 15 Bolt	2
R9.5E-012	Alminium Disk	1
R9.5E-013	M3 x 8 Bolt	4
R9.5E-014	Spring Washer 8 x 14 x 2	14
R9.5E-015	Electric magnet braket	1
R9.5E-016	M4 x 12 Flat head Bolt	2
R9.5E-017	M6 x 12 Bolt	6
R9.5E-018	Bearing braket for 6004	1
R9.5E-019	M4 x 12 Bolt	31
R9.5E-020	Control Board	1
R9.5E-021	M10 x 95mm Bolt	1
R9.5E-022	Power set stable piece	1
R9.5E-023	Sensor stable piece	1
R9.5E-024	Sensor	1
R9.5E-025	Electric Magnet	1
R9.5E-026	Power set cover	1
R9.5E-027	M8 x 10mm Bolt	10
R9.5E-028	Stabilizer Tube Cap	4
R9.5E-029	Crank Cap	2
R9.5E-030	Fran Nut M10 x 14 x 9.5	2
R9.5E-031	Crank - Left	1
R9.5E-032	M6 x 12mm Bolt	4

R9.5E-033	Crank Shaft	1
R9.5E-034	Drive Belt	1
R9.5E-035	Crank Disk	1
R9.5E-036	20 x 30 x T2 Washer	1
R9.5E-037	3/4" Nut	2
R9.5E-038	Crank - Right	1
R9.5E-039	Seat Post	1
R9.5E-040	Rear Vent Cover - Left	1
R9.5E-041	Rear Vent Cover - Right	1
R9.5E-042	Computer	1
R9.5E-043	Console Upright Tube	1
R9.5E-044	M6 x 15mm Bolt	2
R9.5E-045	Computer protect Cover	1
R9.5E-046	4 x 19mm Screws	4
R9.5E-047	Hand Pulse Sensor	2
R9.5E-048	Handlebar - Left	1
R9.5E-049	Handlebar Casing	2
R9.5E-050	Handlebar - Right	1
R9.5E-051	Saddle	1
R9.5E-052	Back Pad	1
R9.5E-053	Back Pad Cover	1
R9.5E-054	M8 x 10mm Bolt	6
R9.5E-055	Aluminum Tube	1
R9.5E-056	Seat Slider Bushing - Upper	1
R9.5E-057	Hub Holder	1
R9.5E-058	Pedal - Left	1
R9.5E-059	Hub	1
R9.5E-060	Chain Cover - Front Left	1
R9.5E-061	Vent Cover - Left	1
R9.5E-062	Front Upright Cover	1
R9.5E-063	Iron Plate Nut	8
R9.5E-064	Chain Cover - Front Right	1
R9.5E-065	Vent Cover - Right	1
R9.5E-066	Chain Cover - Rear Left	1

R9.5E-067	Small Vent Cover - Rear	1
R9.5E-068	Pedal - Right	1
R9.5E-069	Chain Cover - Rear Right	1
R9.5E-070	Computer Wire Lower	1
R9.5E-071	Hand Pulse Wires - Upper	1
R9.5E-072	Computer Wire Upper	1
R9.5E-073	Hand Pulse Wire - Middle	1
R9.5E-074	Computer Wire Middle	1
R9.5E-075	Hand Pulse Sensor Wires	1
R9.5E-076	Seat Slider Wheel - Rear	1
R9.5E-077	M8 x 25mm Bolt	6
R9.5E-078	Spring Steel Piece	1
R9.5E-079	Tension Pulley	1
R9.5E-080	Fixing Set for Console Upright	1
R9.5E-081	Main Frame	1
R9.5E-082	M5 x 8mm Bolt	2
R9.5E-083	10 x 140mm Axle	1
R9.5E-084	Bottle Holder and Water Bottle	1
R9.5E-085	M8x20 Bolt	1
R9.5E-086	Level Adjusters	4
R9.5E-087	Sensor Magnet	1
R9.5E-088	M5 x 12mm Bolt	2
R9.5E-089	M10 x 100mm Bolt	1
R9.5E-090	M10 Nylon Nut	3
R9.5E-091	M8 x 50mm CAP Bolt	4
R9.5E-092	Back Pad Handrail	1
R9.5E-093	Cushion Cover - Upper	2
R9.5E-094	Cushion Cover - Lower	2
R9.5E-095	Seat Slider Bushing - Lower	1
R9.5E-096	Cushion	4
R9.5E-097	Power switch	1
R9.5E-098	Power socket	1
R9.5E-099	Power set with light	1
R9.5E-100	M8 x 50mm Bolt	8

R9.5E-101	5 x 10mm Screws	8
R9.5E-103	Hand Pulse Wires - Lower	1
R9.5E-104	4 x 19mm Screws	5
R9.5E-105	Hand Pulse Holder - Left	1
R9.5E-106	Hand Pulse Cap	2
R9.5E-107	Hand Pulse Holder - Right	1
R9.5E-108	Hand Pulse Connect Bracket - Left	1
R9.5E-109	Hand Pulse Connect Bracket - Right	1
R9.5E-110	Seat Post Fixing Piece	1
R9.5E-111	Fixing Ring	4
R9.5E-112	Seat Adjustment Pull Bar	1
R9.5E-113	Fixing Handlebar Foam Grip	2
R9.5E-114	8mm C - Fixing	6
R9.5E-115	Fixing Tube	1
R9.5E-116	M8 x 25mm Bolt	1
R9.5E-117	M8 Nylon Nut	1
R9.5E-118	8 x 70mm Axle	1
R9.5E-119	8x16x1mm Washer	2
R9.5E-120	68 x 8mm Axle	3
R9.5E-121	6 x 52mm Axle	2
R9.5E-122	6mm C - Fixing	4
R9.5E-123	Upper Brake	1
R9.5E-124	Lower Brake	1
R9.5E-125	Brake support piece - Upper	1
R9.5E-126	Brake support piece - Lower	1
R9.5E-127	Spring	1
R9.5E-128	Seat Slider Wheel	1
R9.5E-129	10 x 70mm Axle	1
R9.5E-130	10x22x1.5 mm Washer	4
R9.5E-131	10mm C - Fixing	3
R9.5E-132	Seat Post Support Bracket	1
R9.5E-133	Seat Post Slider Wheel - Upper	1
R9.5E-134	Bearing dry	2
R9.5E-135	4 x 45mm Bolt	1

R9.5E-136	M8 x 25mm Bolt	2
R9.5E-137	Seat Post Slider Wheel - Lower	1
R9.5E-138	M4x19 Bolt	10
R9.5E-139	Slide tube	1
R9.5E-140	M8 x 100mm Bolt	2
R9.5E-141	Wheel	1
R9.5E-142	Back cushion ring	2
R9.5E-144	Back cushion ring-F	2
R9.5E-145	Slide tube axle ring	1
R9.5E-146	Slide tube back cover	1
R9.5E-147	M8x55 Bolt	3
R9.5E-148	Back support tube	1
R9.5E-149	M8x16 Bolt	2
R9.5E-150	Bearing dry 1015F	2
R9.5E-151	Washer 4x12x1	8
R9.5E-152	M5x25mm	2
R9.5E-153	Back support tube cap	1
R9.5E-154	Spring axle	1

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